

Conditioning the GAA Player

Requirement

Before starting any exercise regime you should:

- consider consulting a qualified fitness or sports adviser to ensure the regime is suitable for you
- Consult your own doctor if you have a medical condition or currently taking medication or have related concerns.
- Not undertake any programs involving weights, intense workouts and apparatus which may put strong physical demands on any child who is still growing
- Not try any of our work outs if you have or had asthma attack, heart condition, growth condition or have experienced chest pains or dizziness in the last month.
- Please understand there are risks of injury in the weight training program provided.

The Main Components of Fitness



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Warm-up

- Keep Dynamic as much as possible
- Warm up muscle groups (FUN games can be used)
- Make Sport specific introducing sports skills

Possible Dynamic Workout for Training or Gym session:

45sec Work/ 15sec Rest

1. Jumping Jacks
2. High Knees
3. Burpees
4. Mountain Climber

Warm Up Square

Complete a series of ball skill exercises such as Hand pass, pick-up, catch solo/carry, tackle and use various movement patterns such as side shuffles, hops, high knees, heel flicks and side strides. These can be completed in a 20m x 20m grid. The following exercises should be completed by the entire group throughout the warm up.

- Lunges
- Body Weight Squats
- Press Ups
- Knee Tucks

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Speed

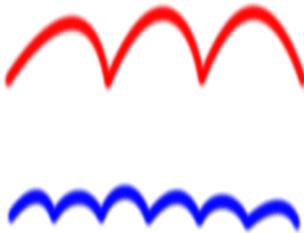
Running Technique

Good Form		Bad Form	
• light on the feet	• Easy	• tired	• uncomfortable
• bouncy	• Relaxed	• heavy	• painful
• 'quick'	• Flowing	• flat footed	• 'slow'
• Floating	• taut	• plodding	• Saggy

There are three aspects of running technique which can help are:

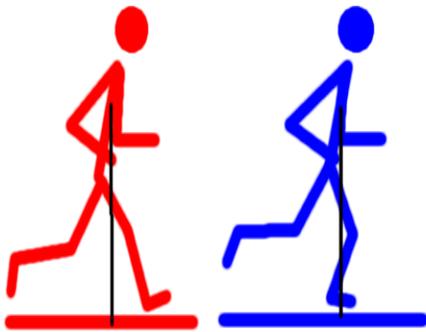
- 1) a high cadence (rhythm/Tempo)
- 2) midfoot landing
- 3) core stability

High cadence



Developing a high cadence takes time. Initially running with a very high cadence (and very short strides) uses a lot of energy and isn't relaxing. A good strategy is to introduce short periods into your runs - say one minute in each five. After a couple of runs move onto two minutes in six and so on.

Midfoot landing - or not heel striking.

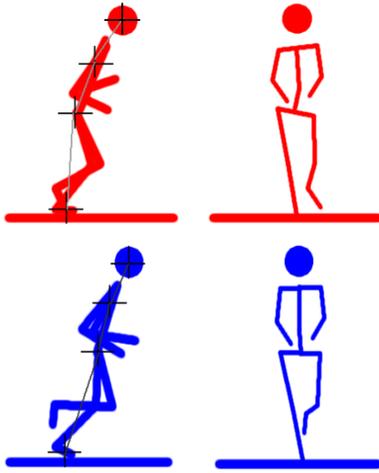


The red runner cannot use his front leg to propel himself forward. He'll have enough momentum to keep going but before the front leg can contribute to forward movement it will first resist forward motion and must then propel the body back upwards. The blue runner's front leg is landing right under his centre of gravity. His forward momentum is unimpeded and as soon as he extends his leg the force will be pushing him forwards too.

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Core stability

The muscles that keep the pelvis in position, the core, are crucial for maintaining efficient running form. Viewed from the front they have to keep the pelvis



horizontal, viewed from the side they have to keep the pelvis under the centre of gravity to ensure that forces generated by the legs are transmitted through both. This is the meaning of 'running tall'.

The red runner does not have a strong core. The blue runner has his hips forwards and holds his pelvis level. The force from his legs is transferred efficiently through his hips, pelvis, spine, neck and head.

Training Technique

Arm Drive:

- Sitting – Sit tall with straight back and head looking forward.
- With the elbows bent 90% start swinging from hip to hip
- Through the Gears – Start slowly in first gear to get the proper arm action i.e. elbows snap back and drive forward at speed

Dead Leg Run:

- Use inside leg only to hurdle with while keeping the outside leg as straight as possible
- Repeat with other leg
- Travel sideways over the hurdles lifting each leg at a time over the hurdles
- Repeat on the other side
- Use one foot and then two foot touch downs

Under Striding:

Aim is to get as many foot contacts with the ground over a short distance.

Sprinting with little forward momentum, feet only 2-3 cm, s off the ground, use opposite arm /leg motion.

Over Striding: Used to increase stride length and should always be used in conjunction with under striding

- Aim to take big long strides increasing your stride length with every stride

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- Drive your knees as high as possible
 - Use opposite arm to opposite leg to help drive the upper body forward
- Use short distances initially before increasing the distance as strength and coordination improves

Sprint Pyramid

- In Pairs; A breaks first with B trying to pass them, Swap roles on next turn
- Accelerative Speed: Focus on your bursting Speed, Emphasis should be on form, not speed

1 session per week completed after Warm Up

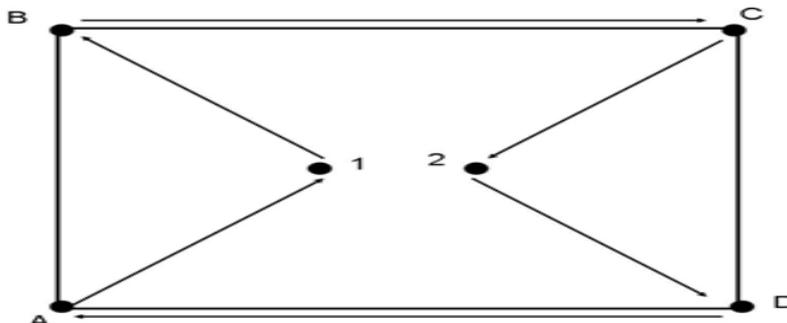
Week	1	2	3	4	5	6	7	8
Metres	600m	600m	800m	1000m	800m	600m	450m	450m

Sprint Pyramid - 600m	Sprint Pyramid - 800m	Sprint Pyramid - 1,000m	Sprint Pyramid - 450m
Sprint 25m; Rest Jog back x3; Sprint 50m; Rest Jog back x 2; Sprint 75m; Rest Jog back x 1; Sprint 100m; Rest Jog back x1; Sprint 75m; Rest Jog back x 1; Sprint 50m; Rest Jog back x 2; Sprint 25m; Rest Jog back x 3;	Sprint 25m; Rest Jog back x5; Sprint 50m; Rest Jog back x 3; Sprint 75m; Rest Jog back x 2; Sprint 100m; Rest Jog back x1; Sprint 75m; Rest Jog back x1; Sprint 50m; Rest Jog back x 2; Sprint 25m; Rest Jog back x 4;	Sprint 25m; Rest Jog back x6; Sprint 50m; Rest Jog back x 3; Sprint 75m; Rest Jog back x 2; Sprint 100m; Rest Jog back x2; Sprint 75m; Rest Jog back x2; Sprint 50m; Rest Jog back x 3; Sprint 25m; Rest Jog back x 6;	Sprint 20m; Rest Jog back x3; Sprint 30m; Rest Jog back x 3; Sprint 40m; Rest Jog back x 3; Sprint 60m; Rest Jog back x3;

Speed Endurance - Envelope Run

This is a 15-20 sec run carried out at $\frac{3}{4}$ + pace and starts at points A, B,C & D.

Exercise Layout



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- Each group can consist of 4, 5, 6, 7 or 8 players. All groups commence the runs at the one time and follow the path shown.
- Each player in their group takes a turn at leading the runs.
- The lead player will carry a marker with them and at the end of the time allocated for the run they drop the marker to show how far they have run.
- After each run the players get 20 sec recovery to return to their start position and another player leads the run trying to beat the distance laid down by the previous player in their group.

Strength

Strength Training Program

Season	Number of Session per week	Length of Session
Off-Season Pre-Season	2-4	50min - 1hr
In-Season	1-2	15mins

There are 4 primary movements that we do in everyday life.

<p>1. Push movement: This involves when you are pushing away from your body such as the pushup or dumbbell press.</p>	<p>2. Squat movement: This is one of the most functional movements there is. Have you ever sat down and got up? That is a form of a squat movement.</p>
<p>3. Pull movement: When there is a push, there is also a pull. This is when you pull something towards you</p>	<p>4. Lunge movement: Another extremely effective movement and yet one of the least used exercises. Have you ever picked up something off the ground?</p>

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Examples of Exercises

Push movement:

Push-Up:

- get down onto the floor placing both palms on the floor while keeping them slightly wider than shoulder distance apart.
- extend the legs out behind you so that you're balancing just on the toes while the body remains flat like a slanted table top.
- Slowly begin to bend at the elbows so you lower your body downwards until the face is just about touching the floor.
- Pause for a brief second and then push up back again as fast as you can with full control to complete the rep.

Explosive Push-Up:

- lower down into a standard push-up position being sure to keep the core contracted at all times.
- From there, explode off the ground up as high as possible.
- As you land once again move directly back into the push-up position, lowering the body towards the ground to complete the rep.
- Immediately from there explode-up once again and continue on in this manner until all reps have been completely.

Squat movement:

Jump Squat:

- begin in a standing position and then slowly lower the body down to the ground placing your fingertips on the ground for support.
- Once in this position, next you want to rebound off the floor, stretching up through the body as if the hands are trying to touch the sky.
- Fully extend the legs out and as you land back on the floor you are to move directly back into the full squat position again to complete the rep.

Band Squat:

- place feet about hip width apart, toes pointing forward.
- From there, either cross your arms over your chest, have the arms extended straight out in front of you, or extend them straight out to the side.
- Once you have good balance, begin to lower yourself down to the ground while keeping the back as straight as possible and going as low as you can go.
- Don't make the mistake many people do of only going down to 90 degrees – as long as you have no knee pain you can go down much lower until you are in the full squat position.

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Pull movement:

Band Row:

- get into a standing position in a staggered position (one foot forward, one foot back).
- grasp the handle with your palm facing down.
- Next, pull the handle towards your chest in an explosive movement and slowly return back to the starting position in 2 seconds (no faster).

Upright Row:

- hold two dumbbells at the sides of the body using an overhand grip. The elbows should be fully extended but not locked into place.
- From there, bring the weights upwards while the elbows move out to the side until the weights are directly inline with the collarbone.
- Hold this position for a moment and then lower the weights back down to the waist to complete the rep.

Bent Over Row

- Hold dumbbells and balance on one leg.
- Bend forward to about a 45 degree angle.
- Pull the dumbbells up towards your waist and then extend your arms back down.

Pull Up

- one of the best exercises to increase the strength of the back as well as the arms and is perfect for those who do not have access to a lot of weights or fancy gym equipment.
- find a bar overhead and reach up so that arms are placed slightly wider than shoulder width apart using an underhand grip.
- lift the legs off the floor and bend slightly at the knees so you're now hovering in the air. Keeping the back straight and in alignment
- begin to pull the body upwards until the chin is just above the bar and the elbows are fully bent.

Lunge movement:

Lunge:

- take one large step forward and begin bending at the knee so you can lower the body down to the ground
- Keep lowering until the knee is just about touching the ground (should take about 2 seconds to do) and then press through your glutes, back up in an explosive movement to complete the rep.
- Perform all the reps needed for one side all the way through and then switch sides after you're finished to work both equally.

Step Up

- Stand with one dumbbell in each hand in front of a large box about knee to waist height.
- From there, step up on the box leading with right foot and as you rise up bring the left to the top to match it.
- Stand up straight for a moment on top of the box and then begin to lower yourself down again, leading with the right foot.
- Once you return to the ground again, step up this time starting with the left foot and then stepping down with the right foot to perform the exact opposite movement pattern.

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Core

Russian twist.

- Two players stand back to back, feet shoulder width apart
- player (A) turns from the waist and hands a ball to player (B), he then rotates and passes the ball to player (A) at the opposite side.
- After six passes change direction of the pass.
- Progress to standing on one leg for added core stability.

Sit and twist pass

- Start in the sit-up position, knees bent feet flat on the floor.
- Your feet, knees and hips should remain reasonably still throughout this exercise, the rotation coming from your waist and not your hips.
- Hold your hands to one side ready to receive the ball.
- Catch the ball to that side and absorb the catch by turning your shoulders further to that side.
- Reverse the rotation turning back to the middle and then opposite side release the ball.
- Continue rotating to the other side; receive the ball on the other side and continue.
- Progress to using a medicine ball or power bag.

Conditioning the GAA Player

Progressive Overload Strength Programme

Complete Warm up

Complete Workout 3 times (upping the ante each time) then change programme

Follow the 4 Rules to Progressive Overload

1. Reps - No. of each exercises
2. Resistance - Load per exercise
3. Rest - Break after Exercise & Break after number of Number of Exercises
4. Rounds - Sets

Workout 1	Workout 2	Workout 3
4 Exercises Push Squat Pull Lunge Core Exercise to finish	Increase Reps by 1 Increase Resistance by 5-10%	Decrease Rest by 5sec's Increase Rounds (sets) by 1
Rules: 1. Reps = number completed in 30sec 2. Resistance = BW or Light Weight 3. Rest = 25sec 1 min after Set 4. Rounds = 2	Rules: 1. Reps = complete 1 more than Workout 1 in 30sec 2. Resistance = BW or Light Weight + 5/10% 3. Rest = 25sec 1 min after Set 4. Rounds = 2	Rules: 1. Reps = complete 1 more than Workout 1 in 30sec 2. Resistance = BW or Light Weight + 5/10% 3. Rest = 20sec 1 min after Set 4. Rounds = 3

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Power

Bag Carry

- 2 Players should start at cones marked A, B, C & 1, 2 & 3 with two power bags at cones A, B & C.
- 1 player at A should lift a power bag and run and leave at point 1 and return at point A and lift the second power Bag and leave at point 1. A player at point 1 should then lift the bag one at a time and leave at point A. Then other players repeat this format to all have carried the bags twice.
- Players should do the same at point B and C and so on dependant on numbers.



Bag Chest Throw.

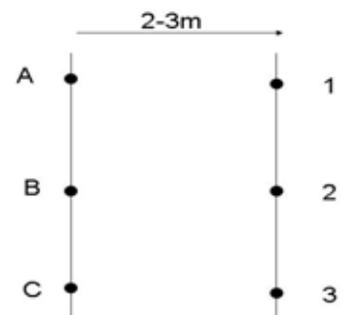
- Using the same layout as above should have 2 players cone A.
- The first player up should throw the bag from their chest as far as they can and repeat until they get to point 1 and repeat on the way back from 1 to A.
- Then the player number 2 repeats.

Bag Overhead Throw.

- Using the same layout as diagram above should have 2 players cone A.
- The first player up should face backwards and throw the bag overhead as far as they can and repeat until they get to point 1 and repeat on the way back from 1 to A.
- Then the player number 2 repeats.

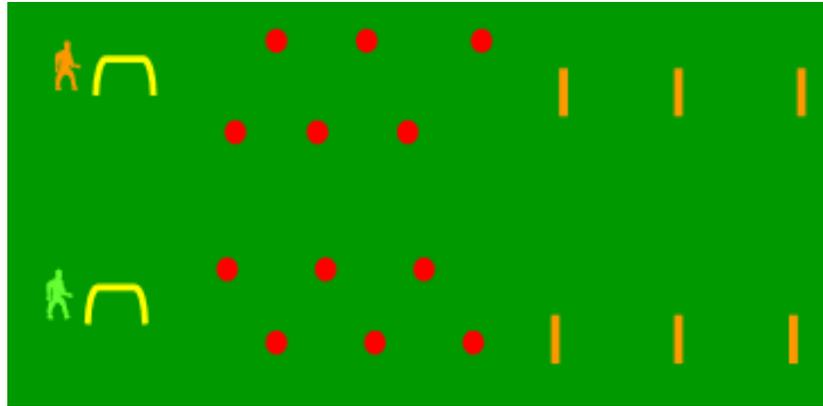
Partner Chest Throws

- Using a power bag/Med Ball use the layout beside with one player at point A & point 1.
- The players then throw the Bag/Ball back and forward between one another using chest throws and side throws alternating between the left, right and chest throws.



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Technique is crucial in these exercises Do not proceed through the stages until all players have mastered the correct movement and stability techniques.



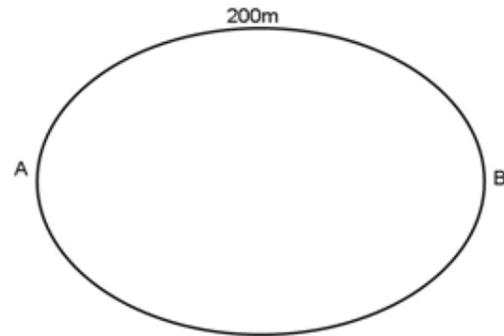
Hurdle Hops	Lateral Bounding	Double leg bounds
<p>Stage One: Hurdle hops, player hops over the hurdle sideways and lands on the ball of the foot, and the player may take a little bounce before hopping back over. Drill continues for 10 hops.</p>	<p>Stage one: the player must plant the landing and maintain balance before jumping to the next marker.</p>	<ul style="list-style-type: none"> • Aim to get across a distance with as few jumps as possible. • Always keep the feet together • Take off, squat down and drive upward and forward using your arms to help propel the body. • On landing, aim to land on the balls of the feet and bend the knees to assist a soft landing and maintain balance. • Do not progress this to speed until the player can control the jump and maintain balance. • Tip; a good indicator of improvement is how quietly the noise of impact is when the player lands.
<p>Stage Two: the player hops continuously and the coach increases the amount of hops.</p>	<p>Stage two: Increase the distance of the markers, both directions length and width.</p>	
<p>Stage Three: Increase the height of the hurdle.</p>	<p>Stage Three: Increase the speed, and add more markers if necessary.</p>	

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Endurance

Interval Run

This interval run lasts 10min and is carried out over a 200m track with 2 starting points A & B.



- Players should then follow the program as dictated below signalled by the coach.

$\frac{3}{4}$	30	25	20	15	10	5	5	10	15	20	25	30
Pace	sec											
Rest	30	30	30	30	30	30	30	30	30	30	30	30
Time	sec											

Sweat Session

Sprint 20m x 8; then 4 Exercises x 12;
 Sprint 20m x 10; then 4 Exercises x 10;
 Sprint 20m x 12; then 4 Exercises x 8;
 Sprint 20m x 10; then 4 Exercises x 6;
 Sprint 20m x 8; Finish

NB.

For Sprints players pair up, 1 on endline, 1 on 21m line. Lying on Back with head towards partner. Roll Right on 21m line, Roll left on endline.

Exercises: Legs; Abs; Upper Body; General

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Flexibility

Stretching

- Make sure that you warm up and cool down before and after you embark on your stretches. A five minute jog, or skipping would be fine.
- You should hold your stretches for about 20 seconds. This will ensure that your muscles are well stretched and that your flexibility improves.
- Make sure that you do your stretches as often as possible. Everyday if you can.
- Don't push yourself too far on the first go. Remember, baby steps to start off with.
- Take deep breaths when stretching. Try to relax the muscle that is being stretched as you exhale.
- Stretching should be smooth without any bouncing movements. After stretching one side, make sure you do the other.

Possible Programme

- Muscle Warming (skipping)
- Hamstring Stretch
- Back Stretch
- Hip Stretch
- Glutes, Groins & Quads.
- Neck, Shoulders and Back
- Ankles & Feet

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Programme Planning



Component of Fitness	Off-Season	Pre-Season	In-Season (Competition)
Flexibility			
Endurance		 Speed Endurance	
Speed			
Strength		 Strength to Power conversion	
Power			